

O Bł kitn Wst g Wisły VI
Toru , 23- - 24-5-2015

Konkurencja 32
2015-05-24 - 14:18

M czyzn, 400m zmienny

20 - 94 lat
Wyniki

Rekord Polski Masters 25 - 29	4:51.85	Radomski Grzegorz	Mława	2010-11-13
Rekord Polski Masters 30 - 34	4:43.44	Pr dki Sławomir	Góra Kalwaria	2008-10-25
Rekord Polski Masters 35 - 39	4:39.97	Wolny Dariusz	Spała	1999-12-11
Rekord Polski Masters 40 - 44	4:37.02	Wolny Dariusz	Spała	2000-12-20
Rekord Polski Masters 45 - 49	5:06.71	Stanek Grzegorz	Kraków	2013-11-16
Rekord Polski Masters 50 - 54	5:07.41	Wolny Dariusz	Toru	2010-04-25
Rekord Polski Masters 55 - 59	5:56.17	Gorbaczow Dariusz	Rumia	2013-02-09
Rekord Polski Masters 60 - 64	6:23.91	Bastek Ewald	Trento	1999-04-11
Rekord Polski Masters 65 - 69	6:38.67	Bastek Ewald	W-wa-Ursus	2005-11-12
Rekord Polski Masters 70 - 74	6:42.06	Bastek Ewald	Lublin	2009-11-14
Rekord Polski Masters 75 - 79	8:39.77	Prz do Lucjan	W-wa-Ursus	2005-11-12
Rekord Polski Masters 80 - 84	8:22.06	Krokoszy ski Stanisław	Katowice	2012-11-23
Rekord Polski Masters 85 - 89	20:00.00			
Rekord Polski Masters 90 - 94	20:00.00			

Pozycja			Rok ur.							Czas		
B												
1.	Porada Tomasz		83	Warsaw Masters Team						5:18.27		
	50m:	33.50	33.50	150m:	1:57.91	45.60	250m:	3:23.09	41.63	350m:	4:44.16	37.54
	100m:	1:12.31	38.81	200m:	2:41.46	43.55	300m:	4:06.62	43.53	400m:	5:18.27	34.11
C												
1.	Kaczmarek Stanisław		79	Ks Warta Pozna						5:12.23		
	50m:	30.63	30.63	150m:	1:49.79	44.12	250m:	3:15.45	44.36	350m:	4:38.29	37.68
	100m:	1:05.67	35.04	200m:	2:31.09	41.30	300m:	4:00.61	45.16	400m:	5:12.23	33.94
2.	Kozikowski Michał		80	Aquasfera Masters Olsztyn						5:37.10		
	50m:	37.49	37.49	150m:	2:05.54	44.02	250m:	3:32.37	44.33	350m:	4:58.64	41.70
	100m:	1:21.52	44.03	200m:	2:48.04	42.50	300m:	4:16.94	44.57	400m:	5:37.10	38.46
3.	Rogosz Paweł		76	Warsaw Masters Team						5:41.86		
	50m:	36.20	36.20	150m:	2:05.73	47.11	250m:	3:38.23	45.77	350m:	5:04.73	40.03
	100m:	1:18.62	42.42	200m:	2:52.46	46.73	300m:	4:24.70	46.47	400m:	5:41.86	37.13
D												
1.	Gregorowicz Paweł		74	Aquasfera Masters Olsztyn						5:17.83		
	50m:	32.31	32.31	150m:	1:55.48	45.07	250m:	3:23.67	44.93	350m:	4:45.29	36.93
	100m:	1:10.41	38.10	200m:	2:38.74	43.26	300m:	4:08.36	44.69	400m:	5:17.83	32.54
E												
1.	Staszkiwicz Radosław		68	Niezrzeszony						6:12.63		
	50m:	35.11	35.11	150m:	2:58.28	1:41.39	250m:	4:50.21	56.38	350m:		
	100m:	1:16.89	41.78	200m:	3:53.83	55.55	300m:	5:32.47	42.26	400m:	6:12.63	
2.	Markowicz Piotr		67	Aquasfera Masters Olsztyn						6:17.33		
	50m:	37.22	37.22	150m:	2:08.90	49.57	250m:	3:54.82	56.91	350m:	5:35.82	44.24
	100m:	1:19.33	42.11	200m:	2:57.91	49.01	300m:	4:51.58	56.76	400m:	6:17.33	41.51
3.	Rudzi ski Michał		66	Warsaw Masters Team						7:33.67		
	50m:	46.28	46.28	150m:	2:49.25	1:05.86	250m:	4:50.47	53.05	350m:	6:41.23	55.63
	100m:	1:43.39	57.11	200m:	3:57.42	1:08.17	300m:	5:45.60	55.13	400m:	7:33.67	52.44
F												
1.	Kolikowski Marek		61	Aquasfera Masters Olsztyn						6:40.71		
	50m:	46.77	46.77	150m:	2:38.08	55.78	250m:	4:25.71	51.97	350m:	6:01.17	42.67
	100m:	1:42.30	55.53	200m:	3:33.74	55.66	300m:	5:18.50	52.79	400m:	6:40.71	39.54
2.	Lopin Grigorii		63	Pregel						6:43.91		
	50m:	45.91	45.91	150m:	2:28.52	53.11	250m:	4:14.47	53.69	350m:	5:58.63	48.11
	100m:	1:35.41	49.50	200m:	3:20.78	52.26	300m:	5:10.52	56.05	400m:	6:43.91	45.28

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Toru , 23- - 24-5-2015

Konkurencja 32, M czyzn, 400m zmienny, F

Pozycja			Rok ur.					Czas	
3.	Twarowski Andrzej		65	Masters Białystok				6:55.95	
	50m:	47.09	47.09	150m:	2:35.72	52.06	250m:	4:23.91	56.57
	100m:	1:43.66	56.57	200m:	3:27.34	51.62	300m:	5:21.26	57.35
							350m:	6:11.08	49.82
							400m:	6:55.95	44.87

H

1.	Pietraszewski Zbigniew		55	TS Olimpia Pozna				6:36.60	
	50m:	47.25	47.25	150m:	2:32.42	49.64	250m:	5:07.95	53.81
	100m:	1:42.78	55.53	200m:	4:14.14	1:41.72	300m:	5:53.31	45.36
							350m:	6:36.60	43.29
							400m:	6:36.60	
2.	Demetraki-Paleolog Jerzy		55	Niezrzeszony				7:27.17	
	50m:	50.66	50.66	150m:	2:45.61	57.73	250m:	4:41.45	58.33
	100m:	1:47.88	57.22	200m:	3:43.12	57.51	300m:	5:43.86	1:02.41
							350m:	6:36.97	53.11
							400m:	7:27.17	50.20

I

1.	Mikołajczyk Czesław		50	Gdynia Masters				8:06.87	
	50m:	58.68	58.68	150m:	3:12.88	1:05.68	250m:	5:17.05	1:00.95
	100m:	2:07.20	1:08.52	200m:	4:16.10	1:03.22	300m:	6:19.11	1:02.06
							350m:	7:15.16	56.05
							400m:	8:06.87	51.71
2.	Guoga Antanas		48	Torpedos				8:21.59	
	50m:	1:00.75	1:00.75	150m:	3:12.42	1:03.70	250m:	5:26.18	1:09.97
	100m:	2:08.72	1:07.97	200m:	4:16.21	1:03.79	300m:	6:36.06	1:09.88
							350m:	7:29.12	53.06
							400m:	8:21.59	52.47
3.	Daszy ski Andrzej		48	UKS Energetyk Zgorzelec				8:42.11	
	50m:	1:00.38	1:00.38	150m:	3:11.96	1:03.16	250m:	5:28.41	1:15.02
	100m:	2:08.80	1:08.42	200m:	4:13.39	1:01.43	300m:	6:41.12	1:12.71
							350m:	7:43.02	1:01.90
							400m:	8:42.11	59.09
4.	Płonka Janusz		48	Niezrzeszony				10:20.81	
	50m:	1:10.31	1:10.31	150m:	4:07.06	1:33.33	250m:	6:55.15	1:25.77
	100m:	2:33.73	1:23.42	200m:	5:29.38	1:22.32	300m:	8:19.37	1:24.22
							350m:	9:21.60	1:02.23
							400m:	10:20.81	59.21
5.	Bantkowski Jan		49	Toru Multisport Team				10:33.68	
	50m:	1:13.66	1:13.66	150m:	4:00.62	1:28.73	250m:	6:56.57	1:33.15
	100m:	2:31.89	1:18.23	200m:	5:23.42	1:22.80	300m:	8:25.24	1:28.67
							350m:	9:31.53	1:06.29
							400m:	10:33.68	1:02.15